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Tuesday

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AP

'IT'S A MONSTER'

Texas struggles to stop a wildfire that has charred 17,500 acres 3

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Let's Try This Again ...

One year after his scintillating rookie season was cut short by injury, Stephen Strasburg is ready to pick up where he left off 11

KEVIN C. COX/GETTY IMAGES

eo

eye openers

BUBONIC PLAGUE

Do Not Mess With Rodents And International Travel

Airline officials in Kathmandu, Nepal, say flight attendants spotted a mouse in the pantry of a Boeing 757, prompting Nepal Airlines to cancel a flight, evacuate passengers and tow the jet to a hangar to hunt for the rodent. The plane will not be used again until the mouse is found. (AP)

TECH SUPPORT

'Did You Try Turning It off And on Again?' Not Helpful

Two Spartanburg, S.C., women who thought they were buying a laptop computer for $250 in the parking lot of a gas station this past week turned out to have purchased a package of paper wrapped in black tape. Earlier this past week, another Spartanburg woman in a parking lot paid $180 for an iPad that turned out to be a painted block of wood. (AP)

WHY THIS IS NEWS

But Tiny, Fluffy Things Are Supposed to Be Dumb!

A toy poodle saved a life in Utah by leading firefighters through his owner's smoke-filled home to a man asleep in the basement. The dog, Ted, was spotted by paramedics in West Jordan Friday. When they tried to catch Ted to take him outside, he led them to a man who was sleeping in the basement. The man was treated for smoke inhalation and the dog was not injured. (AP)

The Big Picture

MUHAMMED MUHEISEN/AP

Pakistanis watch Khalid Raban ride his motorcycle around a circular vertical track during the last day of the Eid al-Fitr festival, which marks the end of Ramadan, in Rawalpindi, Pakistan, on Friday. Eid, one of the most important holidays in the Muslim world, is marked with prayers, family reunions and other festivities. (AP)

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Nation

THIS WEEK

GOP Debate

Eight candidates are scheduled to attend the Republican presidential debate at the Reagan Library in Simi Valley, Calif. The debate, sponsored by NBC News and Politico, starts at 8 p.m. EDT on Wednesday.

Obama's Big Jobs Speech

President Obama is set to address a joint session of Congress at 7 p.m. Thursday to outline his jobs policy. His speech will coincide with the opening game of the NFL season.

Post Office Nears Default

The U.S. Postal Service is so low on cash it will not be able to make its $5.5 billion payment due this month. Congress will hold a hearing on the agency's predicament on Tuesday.

Wildfire Torches 300 Texas Homes

Blaze burns unchecked through dry ranchland, spurring evacuations

Bastrop, Texas

A wildfire burning southeast of Austin, Texas, destroyed about 300 homes, forced the evacuation of many others and was advancing unchecked on Monday through parched ranchland along a 16-mile front, authorities said.

The fire had blackened more than 17,500 acres since it started on Sunday and was the largest of the dozens burning in the drought-stricken state. It was headed away from the state capital, about 30 miles to the northwest, and consuming the water-starved woods and brush with such ferocity that it was deemed unsafe to fight from the ground, Texas Forest Service spokeswoman Jan Amen said.

Instead, the state deployed its firefighting air fleet, including National Guard helicopters and four heavy tanker planes. It also summoned a tanker from South Dakota.

Emergency shelters were set up for those forced to evacuate their homes. About 30 people spent the night at a Bastrop church, waiting to learn whether they had lost everything.

Texas is enduring its worst drought since the 1950s, and the wildfire threat has been exacerbated by powerful wind gusts cast off by Tropical Storm Lee, hundreds of miles to the east. The blaze near Bastrop is among at least 63 that had started Sunday or Monday.

Gov. Rick Perry cut short a visit to South Carolina on Monday and cancelled a trip to California to return to Texas to oversee the firefighting efforts, his spokesman said.

There had been no reported injuries linked to the Bastrop County fire. But a fast-moving blaze in the East Texas town of Gladewater on Sunday killed a 20-year-old woman and her 18-month-old daughter. That fire was eventually extinguished.

WILL WEISSERT (AP)

JAY JANNER/AP

A fire creeps toward a house Monday in Bastrop, Texas. The wildfire blackened more than 17,500 acres since it started on Sunday.

"[The wildfire is] a monster, and it's zero percent contained."

— TEXAS FOREST SERVICE SPOKESWOMAN JAN AMEN, SPEAKING MONDAY ON THE LARGEST OF THE DOZENS OF WILDFIRES BURNING ACROSS THE DROUGHT-STRICKEN STATE.

Lee Tears Across the South

The slow-moving remnants of Tropical Storm Lee, which cast off heavy winds that fed wildfires across Texas, dumped a torrent of rain across the South on Monday and whipped up tornadoes as it pushed further inland. One death was reported in Mississippi as the system swept across Alabama and pushed into Georgia. Meanwhile, Hurricane Katia grew into a Category 3 storm Monday as it moved across the Atlantic Ocean. It's unlikely that Katia will hit land. (AP)

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Nation

Obama Plugs Jobs Plan

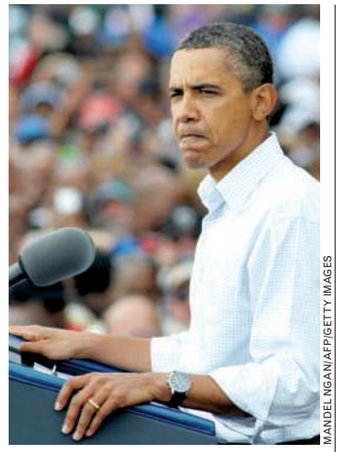
In preview speech, president prods GOP to set politics aside

Detroit

President Obama said Monday that congressional Republicans must put their country ahead of their party and vote to create new jobs as he used a boisterous Labor Day rally to aim a partisan barb at the GOP.

In a preview of the jobs speech he will deliver on Thursday to Congress, Obama said there are numerous roads and bridges that need rebuilding, and more than 1 million unemployed construction workers who are available to build them.

Citing massive federal budget deficits, Republicans have expressed opposition to spending vast new sums on jobs programs. But Obama said that with widespread suffering, "the time for Washington games is over" and lawmakers must move quickly to create jobs.



MANDEL NGAN/AFP/GETTY IMAGES

President Obama touts his plan to create jobs at a speech in Detroit Monday.

"But we're not going wait for them," he said at an annual event sponsored by the Metropolitan Detroit AFL-CIO. "We're going to see if congressional Republicans will put country before party."

Obama's remarks came as he has been under heavy criticism from the GOP for presiding over a persistently weak economy and high unemployment. Last Friday's dismal jobs report showed a net job change of zero in August, and the unemployment rate held steady at 9.1 percent.

"You say you're the party of tax cuts," Obama said of the GOP argument. "Well, then prove you'll fight just as hard for tax cuts for middle class families as you do oil companies and the most affluent Americans. Show us what you've got."

Meanwhile, the Chamber of Commerce on Monday surfaced its own jobs plan. In an open letter to Congress and the White House, the Chamber called for measures designed to immediately increase employment, including stepped-up road and bridge construction, more oil drilling and temporary corporate tax breaks. **DARLENE SUPERVILLE (AP)**

NASA to Launch 2 Moon Probes

Cape Canaveral

Four decades after landing men on the moon, NASA is returning to Earth's orbiting companion, this time with a set of robotic twins that will measure lunar gravity while chasing one another in circles.

By creating the most precise lunar gravity map ever, scientists hope to figure out what's beneath the lunar surface, all the way to the core. The orbiting probes also will help pinpoint the best landing sites for future explorers, whether human or mechanical.

Near-identical twins Grail-A and Grail-B — short for Gravity Recovery and Interior Laboratory — are due to blast off Thursday aboard an unmanned rocket.

NASA/AP

An artist's rendering of NASA's Grail-A and Grail-B gravity-mapping orbiters.

Although launched together, the two washing machine-size spacecraft will separate an hour into the flight and travel independently to the moon.

NASA's Grail twins will travel more than 2 million miles to get to the moon and the mission, from start to finish, costs $496 million. **(AP)**

ADVANCEMENTS

Only Skin Deep

This flu season, some lucky shot-seekers will find that the needle has shrunk. The first shot that works with a skin-deep prick instead of an inch-long needle will debut this fall. The adult-only option is so brand-new that it will take some time to find the best dose, but there are plenty of other options — standard shots and needle-free — to go around. (AP)

$61.5M **The amount** the 46th annual Muscular Dystrophy Association telethon raised Sunday — its best total since the recession started and its first without comedian Jerry Lewis. **(AP)**

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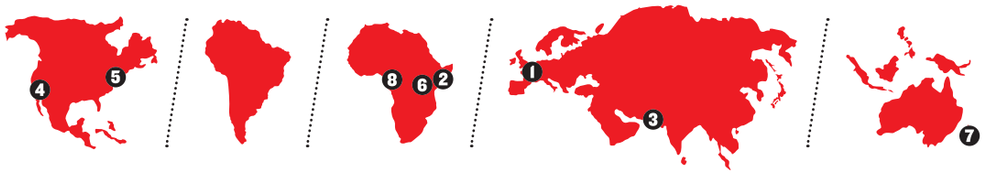

1 PARIS

Case Over, Strauss-Kahn Returns to France

Ex-International Monetary Fund chief Dominique Strauss-Kahn returned to Paris on Sunday, just over a week after New York prosecutors dropped the charges that he attempted to rape a hotel maid. The charges cost him his IMF job and seemingly his potential presidential run in France. (AP)

2 MOGADISHU, SOMALIA

U.N.: Famine in Somalia Continues Lethal Sprawl

A famine spreading through Somalia is killing more than a hundred children each day, the U.N. said Monday. About 750,000 more people may die from famine in the next four months if there is no adequate response, the U.N. report said, a 66 percent increase from July. (AP)

3 KARACHI, PAKISTAN

Pakistan: Floods Kill 136

A Pakistani official on Monday said rains in the south have killed 136 people and flooded 170,000 acres of farmland. About 90 victims died in the past week, officials said. Last year, southern Pakistan was hardest hit by floods across the country, killing 2,000 people. (AP)

AP

4 Cessna Sparks Calif. Fire

Officials gather near a water truck on Sunday after a single-engine Cessna 210 crashed in Blackburn Canyon, sparking a wildfire near the small California community of Tehachapi. About 600 firefighters, backed by 11 air tankers, were battling to contain the blaze Monday.

5 "You know, it could have been worse. But we should not underestimate the heartache that's going through a lot of these communities."

— **PRESIDENT OBAMA,** SPEAKING ON SUNDAY IN PATERSON, N.J., AND PLEDGING THAT THE FEDERAL GOVERNMENT WOULD WORK TO REBUILD TOWNS RECOVERING FROM HURRICANE IRENE'S WRATH.

6 JUBA, SOUTH SUDAN

Official: S. Sudan Plans To Relocate Its Capital

South Sudan's information minister, Marial Benjamin, said Sunday that the new nation is planning to move its capital from the city of Juba to the town of Ramciel, which offers ample room to expand. Benjamin says the plan will take several years to implement. South Sudan became independent in July. (AP)

7 WELLINGTON, NEW ZEALAND

New Zealand Sends Wayward Penguin Home

The penguin dubbed "Happy Feet" was back in Antarctic waters Sunday after a sojourn in New Zealand. It had been 44 years since an emperor penguin was last spotted in the wild in New Zealand when Happy Feet arrived more than two months ago, nearly 2,000 miles from home, and became an instant celebrity. (AP)

8 DOUALA, CAMEROON

51

The number of people who filed to run in Cameroon's presidential elections on Oct. 9, including longtime President Paul Biya, who changed the country's constitution to run. The filing deadline for the vote was midnight Sunday. (AP)

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World

Typhoon Lashes Central Japan

Death toll rises to 34 as storm inundates disaster-worn nation

Tokyo

Japan braced for more heavy rain and floods Monday as the death toll from the worst typhoon to hit the country in seven years climbed to 34. Rescuers searched for 55 others who remained missing, and tens of thousands of families struggled without power or telephone service.

Typhoon Talas, which was later downgraded to a tropical storm, lashed coastal areas with destructive winds and record-setting rains over the weekend before moving offshore into the Sea of Japan. Thousands were stranded as it washed out bridges, railways and roads.

The destruction added more misery to a nation still reeling from a catastrophic earthquake and tsunami six months ago.

The typhoon was the worst to hit Japan since 2004, when 98 people were killed or reported missing. It caused most of its damage on the Kii peninsula in central Japan southwest of Tokyo, hundreds of miles from the country's tsunami-ravaged northeastern coast.

The Japan Meteorological Agency predicted more heavy rain Tuesday in northern and western Japan, where the already sodden ground caused fears of more mudslides and floods.

Rescuers and reconnaissance teams spread out Monday to look for people stranded in flood zones, which, though far smaller in scale, were reminiscent of the debris-ridden, mud-caked wasteland created by the March 11 tsunami.

Nearly 200,000 households remained without power Monday afternoon, Kyodo reported.

Rains and wind were recorded across wide swaths of Japan's main island, but no significant damage was reported in the tsunami-ravaged northeast. (AP)

AP

Rescue workers comb through debris Monday after a landslide caused by the heavy rainfall from Typhoon Talas over the weekend barreled through Tanabe, Japan.

"There are so many roads out that it is hard to count them all. Hundreds of homes have been flooded."

— **SEIJI YAMAMOTO,** AN OFFICIAL IN JAPAN'S WAKAYAMA PREFECTURE, WHERE AT LEAST 22 PEOPLE WERE KILLED AND 22 OTHERS ARE MISSING AFTER TYPHOON TALAS.

Meanwhile ...

Prime Minister Yoshihiko Noda, sworn in just one day before Typhoon Talas made landfall, vowed the government would provide as much assistance as quickly as it could. His predecessor, Naoto Kan, was forced out in large part because of public anger over the response to the tsunami, which left nearly 21,000 people dead or missing and touched off the worst nuclear disaster since Chernobyl. (AP)

In Brief

TEHRAN, IRAN

Iran Offers to Let U.N. Oversee Nuclear Efforts

Iran's nuclear chief proposed Monday to allow the U.N. nuclear watchdog "full supervision" of its nuclear activities for five years if sanctions against Tehran are lifted. Iran has been sanctioned for refusing to halt uranium enrichment, which can produce nuclear fuel or materials for an atomic bomb. (AP)

CAIRO

Witness: Mubarak Did Not Order Protester Killings

The prosecution's first witness in the trial of ousted Egyptian president Hosni Mubarak startled the court Monday, testifying that police were not ordered to fire on protesters in Cairo. Police Gen. Hussein Moussa's statement could damage the prosecution's case that Mubarak let police use lethal force in the uprising, during which at least 850 people were killed. (AP)

Mubarak

ANKARA, TURKEY

Turkey: Israeli Diplomats Must Leave the Country

Turkey deepened its rift with Israel on Monday by vowing to work for the U.N. recognition of a Palestinian state and by saying it has told high-level Israeli diplomats they have two days to leave the country. Last week, Turkey expelled the Israeli ambassador after Israel refused to apologize for a deadly raid on a Gaza-bound flotilla last year. (AP)

450 **The number of days that Belgium has gone without a government** as of Monday. Intractable divisions between Belgium's Dutch- and French-speaking camps hang over the nation, and as anything can become a linguistic spat, Belgium has had 45 governments in 67 years. No one appears to be in a big hurry to resolve the situation. (AP)

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World

CRIME

In Hot Water in Iran

Iran is trying to put down a new wave of civil disobedience — flash mobs of young people who break into fights with water guns in public parks. A group of water fighters was arrested over the weekend, and a top judiciary official warned Monday that "counter-revolutionaries" were behind them. Hard-liners see the water fights as unseemly and immoral, and authorities worry the gatherings could weaken adherence to Iran's cleric-led Islamic rule. (AP)

Top Al-Qaeda Figure Arrested

Arrest emphasizes improvement among Pakistan-U.S. ties

Islamabad

A battered al-Qaeda suffered another significant blow when Pakistani agents working with the CIA arrested a senior leader believed to have been tasked by Osama bin Laden with targeting U.S. economic interests around the globe, Pakistan announced Monday.

Younis al-Mauritani's arrest also points to improved cooperation between two uneasy anti-terror allies after the rancor surrounding bin Laden's killing.

The unusual public announcement appeared aimed at reversing the perception that ties between the CIA and Pakistan's Inter-Services Intelligence had been damaged.

The Pakistani military said al-Mauritani and two other al-Qaeda operatives were arrested in the southwestern city of Quetta. The arrests occurred in the past two weeks, a U.S. official said.

The capture of an al-Qaeda operative in Pakistan has become rare in recent years, as most targets of CIA operations in the country have been killed by drone strikes. Al-Mauritani's capture is likely to create chaos within al-Qaeda: Even if he does not reveal compromising information, that possibility will likely force the network to alter plans and move operatives, damaging its ability to carry out attacks. (AP)

Backstory

Al-Qaeda's senior ranks have thinned since Osama bin Laden was killed May 2 in a raid by U.S. Navy SEALs in Pakistan. Many top al-Qaeda commanders are still believed to live in Pakistan, and getting Islamabad's cooperation in cracking down on the network has been a top American goal since Sept. 11, 2001. (AP)

Hearsay

"We won't go inside Bani Walid unless the Warfala tribe invites us. ... Hopefully, no one will be shot. We don't want to use our weapons."

— **ISMAIL AL-GITANI,** A REBEL COMMANDER SPEAKING MONDAY ABOUT THE MAIN TRIBE IN THE LIBYAN TOWN OF BANI WALID, A STRONGHOLD FOR MOAMMAR GADHAFI'S SUPPORTERS. THE REBELS HAVE EXTENDED TO SATURDAY THE DEADLINE FOR THE SURRENDER OF SIRTE AND OTHER LOYALIST AREAS.

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World

MICHAEL PROBST/AP

A trader in Frankfurt, Germany, cringes on Monday as European stock markets dive.

Rising Fears Roil Global Markets

Investors' worries about U.S. economy drive stocks down

London

World stock markets took a beating Monday over fears that the U.S. economy was heading back into a recession just as the European debt crisis was heating up and the eurozone's economic indicators were slumping.

Any troubles in the world's largest economy cast a long shadow over the markets, and a report Friday that the U.S. economy failed to add any new jobs in August caused European and Asian stock markets to sink sharply Monday.

The news from Europe was also discouraging. Wall Street, which was closed Monday due to Labor Day, braced for losses Tuesday after the yields in so-called peripheral eurozone countries — Greece, Italy and Spain — rose sharply against those of Germany, whose bonds are widely considered a haven.

Although retail sales in the 17-nation eurozone rose unexpectedly in July, a survey of the services sector Monday showed a slowdown across the continent for the fifth consecutive month.

> **"There's so much uncertainty, so much fear, that investors don't know what to do."**
>
> — **DAVID KOTOK,** CHAIRMAN AND CHIEF INVESTMENT OFFICER AT U.S.-BASED CUMBERLAND ADVISORS, SPEAKING MONDAY ABOUT THE STOCK MARKETS.

Investors were also shaken by signs that Italy's commitment to its austerity program is wavering. Prime Minister Silvio Berlusconi's government has backtracked on some deficit-cutting measures, prompting EU officials to urge Italy to stick to its plan.

Mario Draghi, the incoming chief of the European Central Bank, said in Paris that among the common currency's problems was a lack of coordinated fiscal policies. He suggested the eurozone adopt rules that would require more budget discipline. **(AP)**

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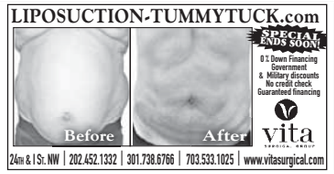

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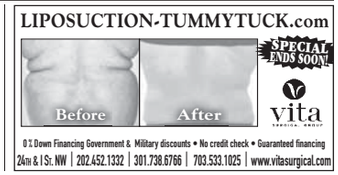

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Cover Story

JOHN MCDONNELL/TWP

Stephen Strasburg takes the field for the first time during his major league debut June 8, 2010. He is scheduled to make his first big-league start in a year on Tuesday night.

His Slow Road Back

Stephen Strasburg is set to return, but his long rebuilding process continues

The Nationals

Every few days this season, Steve McCatty would get a text message with a picture attached, and before the Nationals' pitching coach could even open it, he knew what was in the picture: It would be Stephen Strasburg's grinning face — at a distance of exactly one arm's length away — with a big old bass flopping on the end of a fishing line next to his ear.

This was Strasburg's life for much of the past year, and that, for the most part, was the extent of anyone's interaction with him in Washington. Strasburg was an image on a cell-phone screen, or a random magazine page. He was a fleeting thought in our heads: Wonder how he's doing down there in Florida? Remember the night he struck out 14 in his big league debut? Will he ever be that good again?

And then suddenly Strasburg was on a minor-league mound — orbiting around Washington like a satellite, from Hagerstown, Md., to Woodbridge, Va., to Syracuse, N.Y., to Harrisburg, Pa. — and now he is ready to touch down again where it all began: on the mound at Nationals Park.

Strasburg, 23, will face the Los Angeles Dodgers on Tuesday, and we will begin to find the answers to the many questions in our minds, beginning with these: How has the past year, a year spent largely away from the spotlight, changed him? And how has it changed us?

> **"The hardest part as a competitor is when you can't compete. You don't really know what your role is."**
>
> — **STEPHEN STRASBURG**, WHEN ASKED LAST MONTH TO DESCRIBE THE HARDEST PART OF SITTING OUT FOR A YEAR AFTER UNDERGOING TOMMY JOHN SURGERY ON HIS RIGHT ELBOW.

After a brilliant start to his career last summer, Strasburg threw his final pitch on Aug. 21 in Philadelphia, tearing the ulnar collateral ligament in his right elbow. On Sept. 3, he had surgery to replace the ligament with a tendon taken from his thigh. For five months, he couldn't even a pick up a baseball. It was nearly nine months before he threw a pitch from a mound.

"It's definitely been a roller coaster," Strasburg said last month. "If you let the highs and lows get to you, you're never going to get through it. ... You have to look at it one month at a time, instead of one day at a time."

All the greatness Strasburg brought with him last year appears to be intact. His fastball topped out at 99 mph during his rehab stint. After some initial stumbles, his curve ball has its old bite and precision. Scouts have noticed his stride to the plate appears to be slightly shorter, but that could just be a function of Strasburg's needing time to fully trust his body again.

"As someone who has studied pitching his whole career, I still get goose bumps every time he throws," said Spin Williams, the Nationals' minor league pitching coordinator.

Even though he is returning to the big leagues, in a sense completing his rehab, the rebuilding of Strasburg continues. He will be limited to about 60 pitches on Tuesday, and to about 25 to 30 innings in the majors this season. Even next year, he is likely to be shut down in August. Not until 2013 will we see him completely unfettered.

DAVE SHEININ (THE WASHINGTON POST)

In Case It Rains

After rehabbing from Tommy John surgery for an entire year, Stephen Strasburg may have to wait an extra day to make his return to the major leagues. Tuesday's forecast threatens rain all day long, so the game may be postponed. Even if there is a delay, it could move Strasburg's start back. Nats manager Davey Johnson said that if Strasburg warms up and then it rains Tuesday, his start will be pushed back for precautionary reasons. (TWP)

Backstory

Solace in Fishing

Once the Nats headed north at the end of spring training, Stephen Strasburg would work out each morning, adhering religiously to the rehab schedule drawn up for him by the team's medical personnel, then have the rest of the day free — which isn't necessarily a welcome situation when it's 95 degrees and humid by noon in a particularly quiet and still corner of Florida.

Fishing became a metaphor for Strasburg's life and his outlook on it. It wasn't something he did growing up, but he quickly fell in with its rhythm — the patience it required, the slow buildup for a few brief moments of exertion and thrill. The fishing mindset began to inform Strasburg's personality, according to those close to him. "He has a thicker crust on him and an inner calm," said Spin Williams, the Nationals' minor league pitching coordinator. (TWP)

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Silver Line? Not So Fast.

Metro, map designer unsure on color of new line to Dulles airport

Metro

For the first time in almost four decades, Metro's iconic map is undergoing a face-lift. But the draft version of its new look is missing something: the Dulles line.

Part of the problem is that there has been no official decision on what to call the new rail line — with 23 miles of track and 11 stations — that eventually will stretch from Tysons Corner to Dulles International Airport and Loudoun County.

The Dulles line has been called the Silver Line, but Metro officials and the map designer — Lance Wyman of New York — are not sold on the grayish color.

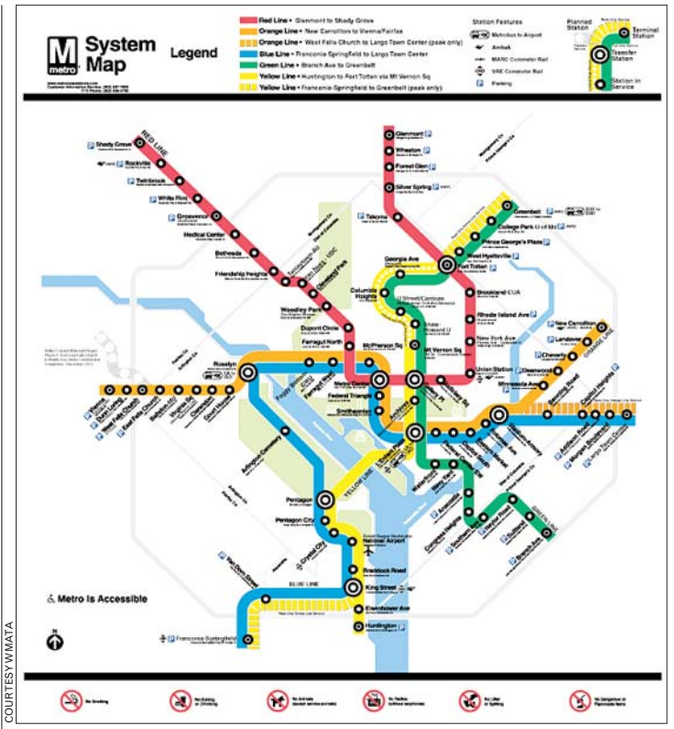
> **"This is meant to be a transitional map. The idea is to keep it simple."**
>
> — **BARBARA RICHARDSON,** ASSISTANT GENERAL MANAGER OF CUSTOMER SERVICE AT METRO.

Wyman helped design the original map for the 35-year-old Metro system and was brought back earlier this year to help give the map a makeover to show the new rail line to Dulles and other service changes.

This time, Wyman wants to spice up the map with a color that he calls "cherry blossom."

He has told Metro that he wants to show the rail line to Dulles on the redesigned map as a "cool, pale pink" similar to the color of the District's well-known cherry tree blossoms at the Tidal Basin. Never mind that the famous location of the trees is miles away from Northern Virginia's extended rail line.

Wyman said he thinks the cherry blossom color for the Dulles line sends a "welcome to visitors from Dulles" to the heart of D.C.



COURTESY WMATA

This draft version of the new map appears on Metro's website with a rider survey.

Metro officials are not so sure. They said they are keeping an open mind about pink and they want to see what riders have to say.

In an online survey that includes a draft version of the redesigned map, the transit agency asks riders for a Dulles line color preference: The choices are silver, orange or "a color other than silver or orange."

But one Metro expert said that showing only part of the Dulles line makes the map incomplete.

"The original 1976 map was created so that it was going to have room to grow," said Zachary M. Schrag, associate professor of history at George Mason University and author of "The Great Society Subway," a history of the Washington area's Metro system. "It may do well for a year, but it doesn't have a space carved out for adding the Dulles line."

Metro officials said they decided not to show more of the Dulles line in the draft version because they think they still have time.

Backstory

The draft version of the map has been months in the making and is a collaboration of designs from Wyman, Metro's internal planners and feedback from riders in focus groups and online surveys. Gone are the cars that were on the map to show which stations have parking facilities. Instead, there is a box containing the letter P, which planners and designers say is an internationally known symbol for parking. Designers cut the informational boxes that were added over the years to Metro's map to show some changes in rail service along the Yellow and Red lines at certain hours. Those are now shown with white dots on part of the Yellow Line. (TWP)

They plan to offer one version of the redesigned map in June and then another that will show more of the Dulles line before the first phase opens in late 2013.

DANA HEDGPETH (THE WASHINGTON POST)

Local

In Brief

NIKKI KAHN/TWP

Limestone is strewn across the roof at the National Cathedral after the quake.

WASHINGTON

Repair Work Under Way At National Cathedral

Repair work is under way at the earthquake-damaged Washington National Cathedral ahead of its reopening for the 10th anniversary of the Sept. 11 attacks. A 500-foot crane was removing debris Monday around the cathedral's towers. The Aug. 23 earthquake damaged the cathedral's limestone exterior towers and some interior areas. Safety nets have been installed beneath the ceiling to guard against falling debris. **(AP)**

ROCKVILLE

Coupons to Help Replace Trees Lost in Hurricane

Maryland has a program to help residents replace trees lost because of Hurricane Irene. The state is extending a program that encourages residents to plant more native trees with $25 coupons. The Marylanders Plant Trees initiative started in 2009. The goal was to plant 50,000 native trees in the state by 2010. It was deemed a success and was extended this year with the goal of planting an additional 50,000 trees by the end of 2012. **(AP)**

FAIRFAX

Band Teacher Accused Of Soliciting a Minor

Fairfax County police say they have arrested a man who is a band teacher at Robinson Secondary School in Fairfax for computer solicitation of a child. Police say 43-year-old Michael K. Cook of Centreville has been charged with soliciting a child under the age of 15. Police say the alleged victim was not a student at the school and was not under Cook's supervision. **(AP)**

D.C. to Let 50 Seek Pot Licenses

Groups given the OK to apply must still make cases to ANCs

Washington

Any one of these people could soon be your pot supplier: a former daytime TV talk show host, a competitive bass fisherman or a Chinatown businessman.

More than a year after medical marijuana became legal in the District, the competition to secure one of the 15 licenses to grow or sell cannabis is finally under way. This week, the D.C. Department of Health is slated to name more than 50 contenders that have been green-lighted to apply. The District plans to announce the winners early next year.

The contenders that remain include a variety of people such as medical-cannabis veterans and complete novices whose qualifications for cultivation consist of "a green thumb."

Many have gone the A-Team route and gathered an assortment of people with different specialities: doctor, CPA, horticulturist.

One of the most polished entrants is the nonprofit Abatin Wellness Center, the brainchild of former television talk show host Montel Williams, who has multiple sclerosis and has long supported legalizing medical marijuana. Abatin opened a dispensary in Sacramento, Calif., this year that one reviewer dubbed "the Neiman Marcus of Marijuana."

The contenders include medical-cannabis veterans and complete novices.

Others jockeying for the 10 cultivation and five dispensary licenses include a bartender, a duo of administrative assistants and an Alexandria man who in a letter to health department officials touted his five years in the security business and a desire to "help people AFTER something bad happens."

Other potential applicants were tight-lipped about their plans and intentions, including Ben Bronfman, a son of billionaire Edgar Bronfman and the fiance of rapper MIA, who has been approved to apply for a dispensary license.

But the wallflowers won't be able to hide much longer. In what might be likened to the talent portion of the competition, the applicants will have to make their case later this year to advisory neighborhood commissions, which have a say in choosing the winners. **(THE WASHINGTON POST)**

washingtonpost.com

JONATHAN NEWTON/TWP

SKATEBOARDER DARREN HARPER, shown at Freedom Plaza last month, grew up dealing drugs in Southeast D.C., but skateboarding has turned his life around. Harper, 29, is still hustling, but he is the product. His Twitter page bills him as "the Obama of Skateboarding in D.C." He's looking for funding for a documentary of his life. | **postlocal.com**

Court May Drop MLK Adviser's Incest Conviction

Richmond, Va.

The Virginia Supreme Court will consider whether the incest conviction of a former top adviser to Martin Luther King Jr. should be thrown out because he died while his appeal was pending.

The late Rev. James Bevel's attorney is seeking what's known as an abatement.

Bevel was facing a 15-year prison term when he died of cancer in December 2008. A Loudoun County Circuit Court judge last year refused to abate the conviction after Bevel's victim testified that she would be devastated if the case was wiped from the books. The state Supreme Court will hear the case Sept. 12. **(AP)**

The Lotteries

Monday, Sept. 5

Maryland

Mid-day Pick 3	4-4-7
Evening Pick 3 (Sun.)	2-2-5
Mid-day Pick 4	7-0-9-4
Evening Pick 4 (Sun.)	5-1-1-0
Match 5 (Sun.)	5-13-28-36-38 (25)

District

Mid-day Lucky Numbers	9-2-5
Evening Lucky Numbers (Sun.)	4-8-2
Mid-day DC 4	3-5-5-9
Evening DC 4 (Sun.)	9-7-4-3
Mid-day D.C. Five	8-1-4-0-2
Evening D.C. Five (Sun.)	4-2-7-1-0

Virginia

Mid-day Pick 3	6-4-2
Evening Pick 3 (Sun.)	5-4-0
Mid-day Pick 4	4-4-5-1
Evening Pick 4 (Sun.)	6-7-4-4
Mid-day Cash 5 (Sun.)	2-7-12-24-26
Evening Cash 5 (Sun.)	4-5-10-12-22

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Money

REASONABLE REGISTRIES

Couples can balance the limits of everyone's budgets by requesting gifts in a range of prices

Running around a store with a scanner and tagging gifts to add to your wedding registry may sound like a lot of fun, but the continuing economic uncertainty means couples must balance their wishes with what guests feel comfortable spending. It's important to maintain perspective, especially with increasing numbers of alternative registries making it easier than ever to ask for gifts including napkin rings and help with a mortgage down payment. "You need to stop and take inventory of what you already have and what you will need for your lives together," says Jodi Smith, an author and the president of Mannersmith Etiquette Consulting.

1 TRADITIONAL REGISTRIES: If you don't already have a complete household's worth of goods — or two — you may want to consider a traditional registry. You can avoid some of the returns, exchanges and "regifting" if you think carefully about what your guests are up for when you choose where to register, what you ask for and how much people will be expected to spend.

2 THE STORE: You may love a little local boutique, but it's not likely to be convenient for all your friends and family. Some may prefer seeing their gifts for you in person. And there still are people who never buy online. So try to register with at least one store that has locations across the country.

3 THE PRICES: Find stores that regularly provide coupons, such as Bed Bath and Beyond does, or have frequent promotions, like Macy's. And offer variety.

"If you register at Tiffany, do maybe Tiffany and Target," suggests Jodi Smith, president of Mannersmith Etiquette Consulting.

Plus, if you include gifts that cost less than $20 or $50, guests may be happy to give you a pair, like a set of baking sheets with a set of mixing bowls, explains Amy Eisinger, associate editor of Weddingchannel.com.

If there are a few expensive items you really want — like a $600 vacuum cleaner or a $1,500 set of pots and pans — it's fine to add them to your registry because a group might want to pitch in together, Eisinger says.

4 THE SELECTION: Choose items that last, such as china and linens, so they feel more special as gifts. And include a mix — including barware and gardening tools — so guests find something that resonates with them.

5 THE POLICIES: Know in advance how stores handle returns and exchanges — especially those that don't involve a receipt — and choose retailers that are flexible. Many retailers offer a discount to couples to help them complete their registries after the wedding.

6 ALTERNATIVE REGISTRIES: A growing number of websites offer new takes on wedding planning and presents.

There are honeymoon registries, at Honeyfund.com and Honeyluna.com and other sites; charitable registries such as Greenwish.com , Alternativegiftregistry.org and Justgive.org; and even cash registries, such as Ourwishingwell.com and Featherournest.com, where you can save for a mortgage down payment.

Smith recommends pairing any alternative registry you choose with a traditional one.

7 KEEP TABS: It may seem taboo, but it doesn't hurt to occasionally check what people are choosing from your registry. A quick scan as the big day nears (ask a bridal party member to peek if it makes you uncomfortable) can help you determine whether you need to add or change your selections to ensure your guests have options and feel included in your plans and your future. MICHELLE CHAPMAN (AP)

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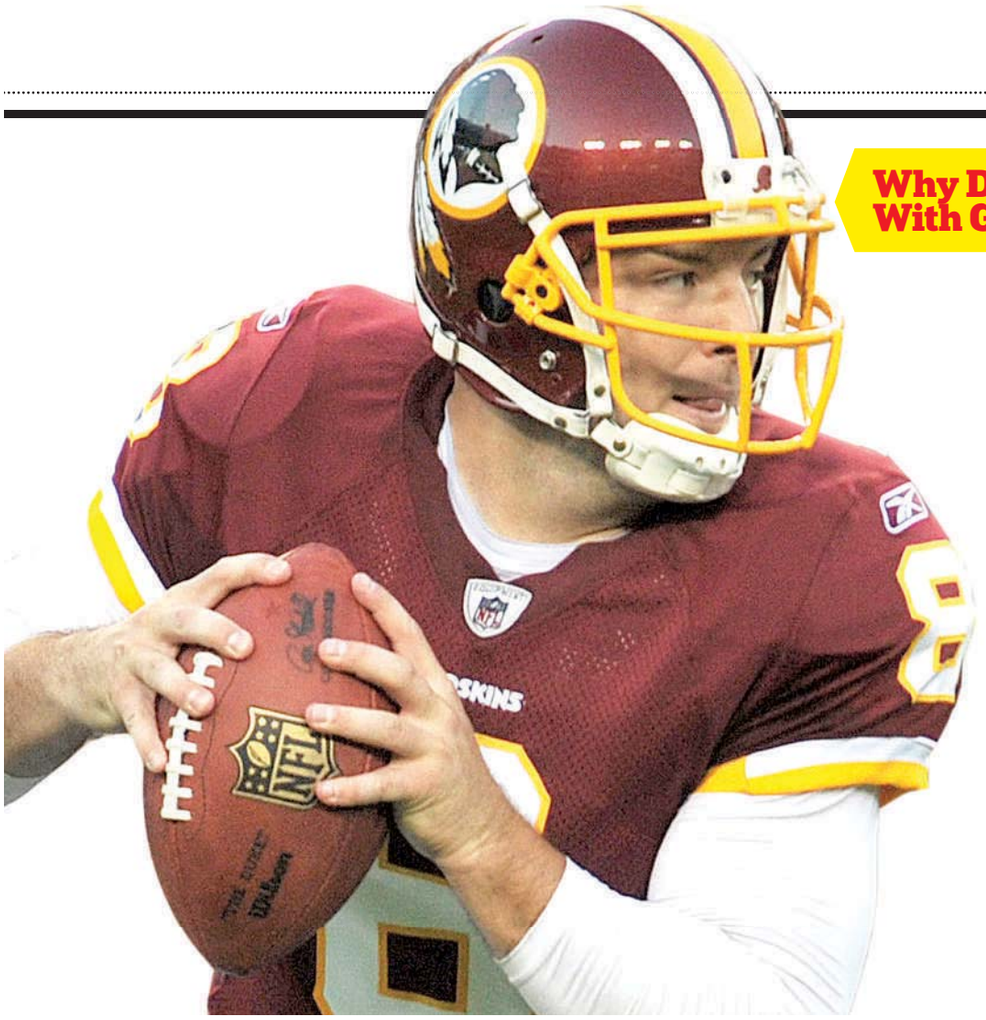

FOR STARTERS, IT'S GROSSMAN

Shanahan taps last year's backup over Beck in the QB battle

The Redskins

Following a five-week quarterback competition, Redskins coach Mike Shanahan anointed Rex Grossman the victor and said the nine-year veteran will start Sunday's season opener against the New York Giants.

Players confirmed the news following the team's rain-soaked practice Monday at Redskins Park. The decision was apparently made over the weekend and allows Grossman to run the first-team offense as the team prepares for Sunday's game.

"I was real happy with how I played this preseason in practice and in the games," Grossman said last week.

Grossman won the job over John Beck, the fifth-year player who Shanahan believes has superior athletic ability. But even as all signs pointed to Beck as Shanahan's preferred starter, the coach pledged to hold an open competition, and each quarterback made three preseason appearances.

"We've been real efficient running the ball and throwing the ball," Grossman said. "Every area of the offense has looked good. Wide receivers, offensive line, running backs, quarterbacks — we've all played well, and played well together within the scheme."

Grossman, 31, replaced Donovan McNabb as the starter with three games remaining in the 2010 season, his first starts since 2008 with Chicago. He completed 74 of 133 passes for 884 yards with seven touchdowns and four interceptions. His quarterback rating was 81.2

> **"I feel like I put my best foot forward, and I feel good about it."**
>
> — **REX GROSSAMAN,** ASSESSING HIS PLAY IN THE PRESEASON.

Grossman hasn't been a regular NFL starter since 2007. That season also marked the last time Grossman started a season-opener.

Shanahan had said throughout the preseason that Beck and Grossman were in an open competition for the starting job, and coaches evaluated the pair daily. They dissected their preseason games — each appeared in three — and studied film of the team's daily practice.

"I think practice is just as big of a factor as games," Kyle Shanahan said last week.

Coaches said heading into the team's final preseason game last week against Tampa Bay that the competition was still close.

If the decision really came down to the wire, then Beck's last outing might have been the most damaging. Because Beck had missed the preseason opener, coaches allowed him to start last Thursday against the Buccaneers. He was 10 of 21 passing for 108 yards. He had no touchdowns, one interception and a rating of 43.4. Grossman did not appear in the game.

"Obviously, we would have liked for it to go a little bit better," Beck said immediately following the game. **RICK MAESE (THE WASHINGTON POST)**

Breakdown

By the numbers, Rex Grossman appeared to outperform John Beck during the preseason. Each quarterback played in three exhibition games. (TWP)

GROSSMAN VS. BECK	COMPLETIONS/ ATTEMPTS	PASSING YARDS	TOUCH-DOWNS	TOTAL INT.	QUARTERBACK RATING
	34 / 53	407	2	1	92.3
	30 / 48	356	1	2	74.7

Why Did Shanahan Go With Grossman?

1 Performance. Once Rex Grossman got into camp, coach Mike Shanahan and offensive coordinator Kyle Shanahan both said that this was a much more open competition than was believed. And going strictly off of numbers, Grossman wins.

2 Experience. Grossman is entering his third season in this offense and started three games for Shanahan last season. John Beck has nothing to show other than classroom study, great work ethic and shared action in three preseason games.

Grossman displayed his comfort in the system throughout the preseason. He was fluid, he got the ball out of his hands quickly, and he has a strong rapport with Santana Moss and Jabar Gaffney. Aside from a stalled drive against Indianapolis and two against Baltimore, Grossman has been able to march the Redskins up and down the field and into scoring position.

Beck played at a good pace against Indianapolis. But he had only one touchdown drive. That came with the second team against Baltimore's reserves. Last Thursday against Tampa Bay, he looked hesitant, and not nearly as comfortable out there on the field.

3 Limited Evaluation Time. Redskins coaches basically had six weeks to look at Beck in their system. Last season he was always running the scout team. During those snaps, Mike Shanahan was able to see his ability on display, but he wasn't running Washington's plays.

As Kyle Shanahan said last week, not having OTAs and minicamps made evaluating the quarterbacks more challenging.

"We've only had three games, and John didn't get to play in one," the offensive coordinator said at one point. **(THE WASHINGTON POST)**

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Sports

Morse's Big Day Powers the Nats

Slugger's 2 homers highlight offensive outburst vs. Dodgers

The Nationals

Michael Morse hit two of Washington's four homers, and John Lannan pitched into the sixth inning to help the Nationals beat the Los Angeles Dodgers 7-2 on Monday.

7
2

Morse, Ian Desmond and Jayson Werth all went deep in the first inning as Washington grabbed a 4-1 lead. The Nationals had dropped 10 of 12, while the Dodgers came in winners of 11 of 13.

All four homers — Morse hit No. 26 in the sixth inning — came against Hiroki Kuroda (11-15), who entered with a career-high four-game winning streak.

The right-hander had a season-high nine strikeouts but gave up five runs and eight hits.

GREG FIUME/GETTY IMAGES

Michael Morse was one of three Nats to hit a home run against the Dodgers.

Lannan (9-11), who had lost his previous four starts, allowed one run and five hits in 5 1/3 innings.

Washington relievers Collin Balester, Tom Gorzelanny, Tyler Clippard and Sean Burnett combined for the final 3 2/3 innings.

Morse drove in three runs and was one of five Nationals who had two hits. **(AP)**

TV Lineup

NATIONALS (7 P.M., MASN2) Stephen Strasburg returns to the majors when the Nats host the Dodgers.

TENNIS (11 A.M., 7 P.M., MASN2) The men complete their fourth round and the women begin the quarterfinals of the U.S. Open.

SOCCER (2:30 P.M., ESPN) The U.S. men's national team plays an exhibition against Belgium in Brussels.

PRO BASEBALL (7 P.M., MLB) The Philadelphia Phillies play the Atlanta Braves.

CHANGES

Ready to Move?

Oklahoma football coach Bob Stoops is willing to play wherever his school's president and athletic director decide is best, even if it means a move by the top-ranked Sooners could trigger the nation's first 16-team super-conference. "It seems that's the direction the world's going," Stoops said Monday. "So if it is, so be it." (AP)

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A Herd Mentality off the Gridiron

Survey: Teammates cluster on an easier road for their studies

College Football

When Jay Finch arrived at Georgia Tech, he wasn't just interested in being a lineman for the Yellow Jackets football team. He wanted to study architecture, too. Then he talked with some student advisers, who gave him a dose of reality.

"They were, like, 'You can expect anywhere from 100 to 120 hours of studio time,'" Finch recalled. "I said, 'Oh, like in a month.' And they were, like, 'No, in a week.' And I was, like, 'On top of football?'"

With that, Finch hopped aboard the M Train. At Georgia Tech, where the famous fight song proclaims "I'm a heck of an engineer," nearly 70 percent of the football team (43 of 62 players) has chosen to major in management, a business degree dubbed the "M Train" by those on campus who consider it an easier route to a diploma than the school's renowned engineering program.

But Georgia Tech isn't the only school where players tend to congregate in the same fields of study, The Associated Press found in a survey of the 68 schools in the BCS conferences, plus Notre Dame and Big East-member-to-be TCU.

This is not mere coincidence. While it's natural for a selected group of students — in this case, male athletes — to be interested in the same classroom subjects, it's also apparent many are drawn to courses that are more accommodating to their Saturday pursuit.

"I wanted to dedicate myself more toward football," said Finch, a sophomore center. "Yeah, I did take a little bit of the easier road. Management is still hard. You've still got to go to class. But at least I'm not up 'til 3 in the morning drawing."

The trend is so prevalent it has its own name: clustering. The AP survey — compiled from media guides, university websites and information provided by the schools — showed at least half the football players with declared majors at a dozen other universities are bunched in two fields of study.

In total, more than half of the schools at the core of major college football — 39 of 68 teams — have some level of clustering, the survey found. PAUL NEWBERRY (AP)

Popular Majors

Besides Georgia Tech, there are four other universities where at least half the sophomores, juniors and seniors playing football are pursuing the same degree, an AP survey found.

- At Vanderbilt, 35 of 59 players are majoring in human and organizational development.
- At UCLA, 27 of 47 players chose history.
- At Wake Forest, 34 of 60 are majoring in communications.
- At Baylor, 27 of 53 players have chosed general studies.

22

The number of schools where 50 percent or more of college football players are pursing a degree from a group of three majors. (AP)

Weekend Rewind

Will Power won the inaugural Baltimore Grand Prix Sunday, trimming Dario Franchitti's lead in the IRL standings.

- **Hall of Fame defensive end Lee Roy Selmon died at 56 Sunday.**
- **NASCAR moved its race in Atlanta from Sunday to Tuesday due to Tropical Storm Lee.**
- **Virginia Tech's football team beat Appalachian State, 66-13, in its season opener Saturday.**
- **No. 4 LSU's football team kicked off its season with a 40-27 win over No. 3 Oregon Saturday.**

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Sports

CHARLIE RIEDEL/AP

Serena Williams improved to 16-0 on the hardcourt this year on Monday afternoon.

Serena Continues To Roll at Open

Williams breezes into quarterfinals with straight-set win

Tennis

Serena Williams fought off the wind, along with brief flurries of effectiveness from her opponent, to advance to the quarterfinals of the U.S. Open on Monday with a 6-3, 6-4 victory over Ana Ivanovic.

Williams closed out the match with four-straight serves that Ivanovic couldn't get back — clocked at between 99 and 111 mph in a blustery Arthur Ashe Stadium that had both players fighting with their tosses and topspin all day.

Seeded only 28th after missing big chunks of the last two years with injuries to her foot, Williams nonetheless improved to 16-0 this year on hardcourt. She has yet to drop a set at the U.S. Open and now finds herself in her first Grand Slam quarterfinal since last year at Wimbledon, when she won her 13th major title.

Shortly after that victory, Williams stepped on broken glass in a restaurant, which triggered a long stretch of injuries and medical problems.

"A couple months ago, I wasn't expecting to be here," she said in her on-court interview after the match. "I feel honored. Like I say every time, every match is a bonus. No matter what happens, it's so exciting for me."

Next up for Williams is No. 17 Anastasia Pavlyuchenkova, who made it to her second Grand Slam quarterfinal with a 5-7, 6-3, 6-4 win over former French Open champion Francesca Schiavone. The three-set match included 16 service breaks over 31 games and, appropriately enough, ended when Pavlyuchenkova hit a forehand winner on match point to break Schiavone's serve for the ninth time. (AP)

Painful News

Colts QB Peyton Manning, the four-time NFL MVP who has never missed a start in his NFL career, is doubtful for Sunday's game at Houston because of lingering soreness in his back following offseason neck surgery. If Manning sits, it would be the first time the NFL's active iron man missed a meaningful game after 227 consecutive starts. (AP)

Women: Is Your Drinking Causing Problems?

Do You Drink Alcohol to Help Ease Your Anxiety?

If you are a woman ages 21 to 65 who has tried to stop drinking, or decrease the amount of drinking, but can't, you may be eligible for a research study testing the effectiveness of a new drug for women with alcohol and anxiety problems. This is a five-week inpatient research study at the Clinical Center in Bethesda, Maryland.
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Participants will be compensated.

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Refer to study #11-CH-0208
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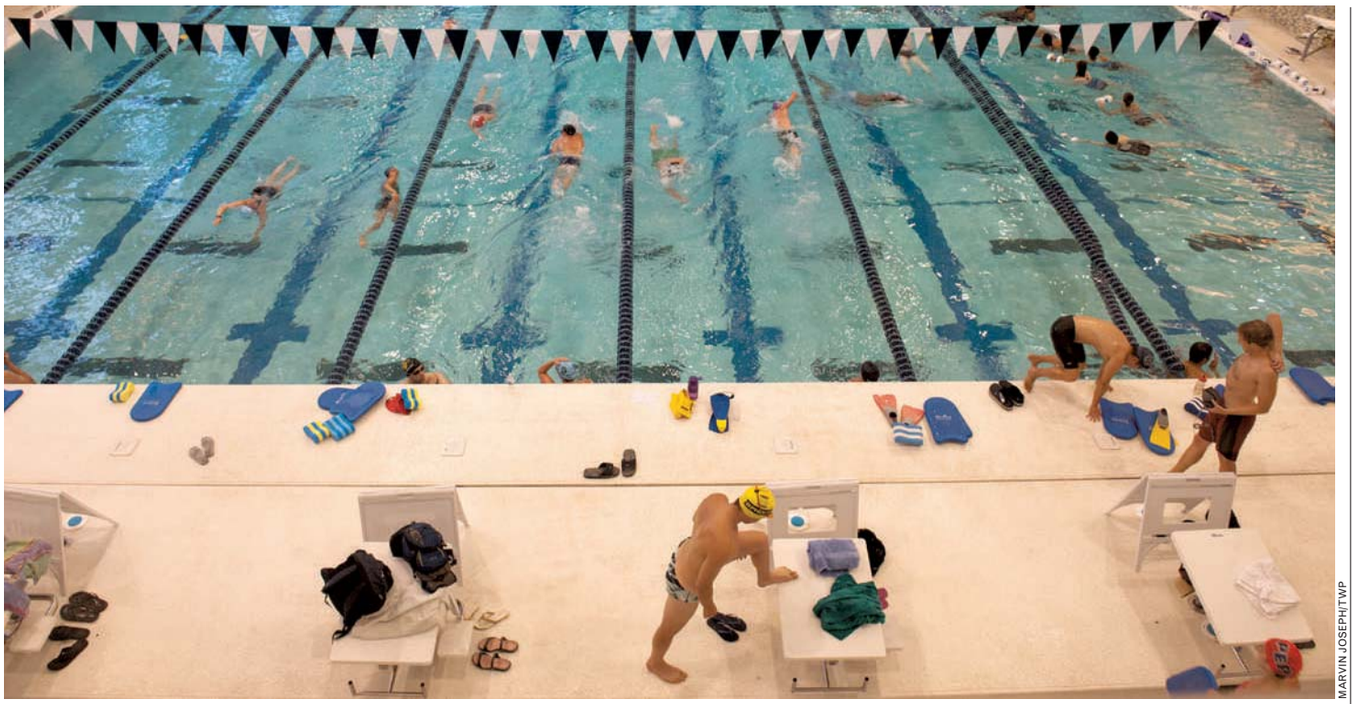

MARVIN JOSEPH/TWP

The Wilson Aquatic Center in Tenleytown is set up to have eight 50-meter lanes. If the lines were configured crosswise, there'd be room for more than 20 25-yard lanes.

The Long & Short of It

At the Wilson Aquatic Center, size matters to swimmers arguing over lane lengths

It was love at first sight when Georgiana Bloom entered the Wilson Aquatic Center just after it opened in 2009. "Seeing a pool that long and beautiful — there's nothing else like that in D.C.," says Bloom, who became smitten with the Olympic-sized pool's eight 50-meter lanes.

So when she learned a few months ago that the D.C. Department of Parks and Recreation is considering reconfiguring to 25-yard lanes instead — which would allow for more than 20 lanes — she went to Gopetition.com and launched "Save the Wilson 50." Nearly 1,400 folks have signed on.

But that's not the only pool petition on that site. "Multi-Use Configuration of the Wilson Pool," which advocates for a compromise, has garnered more than 600 signatures. One of those belongs to Karen Harris, who gets why Bloom and friends are so riled up about the issue. "There aren't that many 50-meter pools," says the former competitive swimmer. Though she's happy to show up for a workout either way, the long course configuration doesn't meet her family's needs. "I have older parents and young kids, and it's not appropriate for either," she says.

To deal with the dispute, the DPR is conducting a survey (available through Friday at Wilsonaquatics.com). The results will "inform" the department's decision, says DPR chief of staff John Stokes, who notes that the Takoma Aquatic Center's 50-meter pool never created a similar brouhaha. "We're not going to have 100 percent satisfaction," he said, but the hope is that the response will help determine which setup is selected. (See box.)

Some people have framed this as a fight between elite athletes — particularly triathletes — and slowpokes, but it's more complicated. Many proponents of the status quo are average Joes, such as David Furth, 53, who understands that the longer laps may be daunting. "I wasn't sure I could do it when I started here," he says. "But now I prefer it."

On the other side is Ellen Miller, 47, a masters swimmer who competes at nationals. She says it's foolish of the DPR to even consider keeping the 50-meter lanes all the time. "Short course is just more efficient," she says.

The eight lanes are divided for different skill levels: one for water walking and exercise, two for slow swimmers, three for medium swimmers and two for fast swimmers. Although that's not many, advocates say the width of the 50-meter lanes allows for sharing. Miller disagrees. She says she's often in a fast lane with swimmers who are anything but, and that shorter lanes would make it easier for people to find one that suits their abilities.

The real dispute seems to be whether the city's premier aquatic facility should also serve as a neighborhood pool. The 50-meter folks say no — they come from all over Washington to take advantage of this rare resource, and there are plenty of other pools that cater to 25-yard lap swimmers. "The uniform view I hear is, 'Don't screw up a good thing,'" says 62-year-old Rick Gross. The multiuse proponents say there's no reason the pool can't be both. "The problem is the fact that it's like that 100 percent of the time. No public facility should be monopolized for one activity," says 45-year-old John McHugh.

There's one thing, however, that both sides agree on: This debate has gotten out of hand. Between the petitions, surveys and locker room chatter, many swimmers feel like they're being pitted against one another, when all they want to do is swim. VICKY HALLETT (EXPRESS)

Survey Says ...

The survey asks users which configuration they prefer: 50-meter, 25-yard or a split (primarily 50-meter with 25-yard during non-peak hours, primarily 25-yard with 50-meter during non-peak hours, or equal time for 50-meter and 25-yard). For the 50-50 choice, the lanes would be switched once a day at 3 p.m.; one morning the pool would be long course, and the next it would be short course.

Team Effort

The Switcheroo

Currently, the Wilson Aquatic Center is set up with 50-meter lanes, except when the Wilson High School swim team practices three mornings a week using a short-course configuration (which is standard for meets). When practice is over, the pool switches back to 50-meter lanes in a process that can take 30 to 60 minutes — during which time no one can swim at all.

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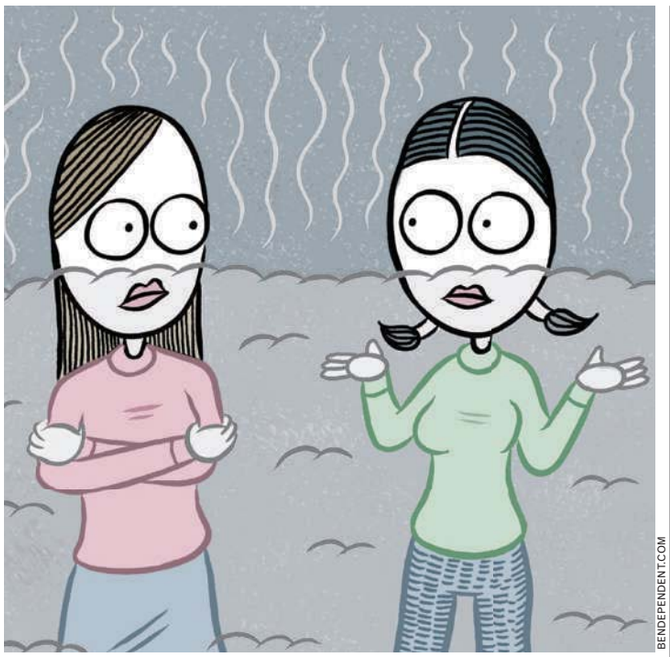

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Friendship Has Gone to Pot

Q My best friend got married and had two cute kids, which is what she's always wanted. But now it's nearly impossible for me to see her. Her stay-at-home-dad husband doesn't let her go out often — even if there's a scheduled girls' night, he usually comes up with a reason she can't go. When we do get to hang out, it's at her house, while her husband sits in his study smoking pot. This behavior worries me. **CONCERNED FRIEND**

There are jerk husbands who hold their wives hostage, there are passive wives who use their husbands as excuses not to socialize, and there's everything in between. (And then there are stoner, dominating dads who seem to be doing everything in their power to make some random advice columnist dislike them.)

You have to assess how much resistance is coming from her husband and what's coming from her. Might she be depressed or in a rut herself? It's time you initiated the difficult conversation — there's more at stake here than just your friendship. "I worry about you and how you sometimes don't seem 'allowed' to have 'me' time." Or "I sometimes feel like you've changed since you've gotten married." Or, "I wish I could see you more. It seems tougher than it should be." Yes, parents with young children always feel a crimp on their social lives, but this is different.

Other Methods To Achieve Calm

Q I really feel a similarity with Always Angry, VA [the question writer from last week's column who was having trouble controlling her temper]. I have a big problem like hers, and usually despair of a solution to it, although I've tried many. I myself have found medication slightly effective and psychotherapists totally incompetent. I've found yoga has been beneficial. **ALWAYS ANGRY, MD**

Yoga is a great idea, as are other outlets such as meditation, music, exercise, reflexology, journaling and even aromatherapy.

You know I won't let you by with that psychotherapy dig, however. If you happened to try a couple of dentists who overcharged you or did bad work, would you declare the whole field a sham? I stick by psychotherapy as a first line of defense, and hope you'll give another therapist a chance.

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the new book "The Friendship Fix" (Friendshipfix.com).

Event Horizon

Free Samples

Back-to-school time means it's also back-to-yoga studio time, and several area spots are offering complimentary classes to prospective students. Starting today, it's free week at Chevy Chase's Circle Yoga (3838 Northampton St. NW; 202-686-1104, Circleyoga.com). On Sept. 12, both Unity Woods (Unitywoods.com) and Willow Street Yoga (Willowstreetyoga.com) start a free week of classes at all of their locations. See websites for details.

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The Real Ironman

Brian Boyle refused to die, and now he's dedicating his life to proving what the human body can do

Think you're too out of shape to try a triathlon? Meet 25-year-old Brian Boyle of Welcome, Md. Seven years ago, a car crash left him with massive injuries — collapsed lungs; shattered ribs and pelvis; kidney failure; and a completely destroyed gall bladder and spleen. He was pronounced clinically dead eight times.

But this Sunday, the same day as the Nation's Triathlon, Boyle will be taking on a 1.2-mile swim, a 56-mile bike ride and a 13.1-mile run when he competes at the Ironman World Championship 70.3 in Las Vegas.

The distance from the hospital bed to the finish line would have seemed impossible right after the accident. For two months, Boyle hovered in a coma. "I was in God's hands," he says. "The thought of me living seemed impossible, and the thought of ever leaving the hospital was nonexistent." When he finally awoke, he was paralyzed and unable to talk.

His first goals were just to relearn regular bodily movements, such as blinking and smiling. Then he focused on moving out of his wheelchair, first with a walker and then a cane.

"My body is back and stronger than ever. Though I do pay special attention to my immune system, since my spleen was removed."

In a few months, he reached the point where he could run again. "That made me realize I could make a full recovery," he says.

But he wanted to do more than that. After watching a TV show about the Ironman World Championship in Hawaii, he became determined to take part in the race. Although he hadn't achieved a qualifying time, organizers allowed Boyle to participate based on his against-the-odds story. So in 2007, just three years after the crash, he shared the course in Kona with the world's top triathletes. "I knew I was finally healed," he says. "It was a breath of life that made me want to go further."

And he has — Boyle has continued training, racing and beating the odds. In 2009, he ran five marathons in a little over five weeks to mark the fifth anniversary of his accident. He wrote a book, "Iron Heart," and was recognized as the American Red Cross spokesperson of the year. Unbelievably, he suffers minimal aftereffects today. "My body is back and stronger than ever," he says. "Though I do pay special attention to my immune system, since my spleen was removed."

His approach is one he recommends to anyone competing in endurance events. "The most difficult step is setting your mind on the goal and not allowing yourself to underestimate what you can do," he says.

This spring, Boyle hit a goal of his own when he won the Subaru Ironman 70.3 Eagle-Man on the Eastern Shore in his age bracket. The top slot meant he'd qualified for the Ironman World Championship 70.3. Instead of being allowed to race because of his story, he captured this berth because of his time.

He's only looking for a personal record at the Sin City event, but Boyle's not ruling out another win. "Luck is on my side," he says.

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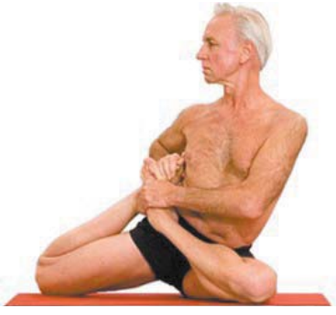

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In It to Win It? Good News!

Nation's Triathlon competitors are more likely to be champs

On Sunday, 5,000 competitors will swim 1.5K in the Potomac River, bike a 40K course through the city and then run a 10K around the Tidal Basin and Hains Point. Those numbers mean the Nation's Triathlon (Nationstri.com) will win the title of the largest international-distance race in the country for the second year in a row.

It's only fitting that the event gets an accolade, because so many of the people in the race get one, too. Beyond the standard top times and age group awards, the Nation's Tri also doles out trophies to the winners of five races within the race — the Congressional Challenge (for federal employees), the Military Challenge (for active members or veterans of the U.S. military), the Commander-in-Chief Challenge (for military cadets), the Tri Club Challenge (for both the fastest and best represented clubs) and the new-this-year First Responders Challenge (for active-duty police officers, firefighters, emergency medical personnel and other first responders).

164
The number of awards that'll be distributed at the Nation's Triathlon; 5,000 people will compete Sunday.

Race director Molly Quinn admits that 164 awards is more than you'll see at most comparable events. But the mini-race strategy has boosted overall participation.

For the Military and Commander-in-Chief challenges, winners take home bronze griffin statues (courtesy of sponsor Gryphon Technologies). The rest of the champs get an acrylic model of the Washington Monument. Quinn says the real prize, however, is the chance to stir up some competition among co-workers, who can also serve as a support network. "If someone else in your office is signed up, you'll see that person every day," she says.

And no matter how slow you are, you're guaranteed to go home with at least a finisher's medal. V.H.

Recipe File

WARM SALAD OF GRILLED CHICKEN THIGHS, FIGS AND PARMIGIANO-REGGIANO

Start to Finish:
30 minutes

Ingredients

- **4 tablespoons red wine vinegar, divided**
- **2 teaspoons chopped fresh rosemary, divided**
- **Salt and ground black pepper**
- **8 bone-in, skinless chicken thighs, each cut into 2 pieces (2 to 2 1/2 pounds total)**
- **1/2 cup thinly sliced red onion**
- **1 teaspoon chopped fresh basil**
- **2 ripe fresh figs, cut lengthwise into quarters**
- **8 cups loosely packed fresh arugula**
- **1 ounce Parmigiano-Reggiano cheese, shaved**

MATTHEW MEAD/AP

With the right mix of accompanying ingredients, chicken doesn't have to be boring.

Makes Four Servings

In a large bowl, combine half each of the vinegar and rosemary. Season with salt and pepper. Add the chicken and toss to coat. Cover and marinate at room temperature for 15 minutes or in the refrigerator for up to 4 hours, turning the chicken occasionally. Place the onions in a large bowl and add the remaining red wine vinegar and a pinch of salt. Mix and set aside for 15 minutes to one hour, tossing occasionally.

Heat a grill or grill pan to medium-low. Place the chicken thighs on the grill and cook for 15 to 20 minutes, or until nicely browned and cooked through, turning the chicken halfway through grilling. Transfer the chicken to a plate and sprinkle with basil. Set aside.

Add the arugula, figs and remaining rosemary to the onions and vinegar. Gently toss the salad, then season with salt and pepper. Divide the salad among four serving plates. Place the chicken thigh halves around the salad, then sprinkle the salads with shaved Parmigiano-Reggiano. (AP)

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The Challengers are discovering it's a lot more fun when you're fit

On a recent Saturday morning, our Challengers and their Gold's Gym personal trainers gathered in an Arlington park for an old-fashioned field day competition. Competing in a series of events, the Challengers were able to put their new, hard-earned fitness to the test, and potentially earn bonus points to add to their overall scores.

Our fearless Challengers

The fierce wheelbarrow race

THE DAY'S EVENTS

THE ANIMAL RELAY RACE

A four round event in which the Challengers, performing in tandem with their trainers, had to reach a cone at the far end of the field, perform an exercise, and return to their starting position. In order, the Challengers (and their trainers) were required to:

- bear crawl to the cone, do 10 pushups, bear crawl back;
- do walking lunges to the cone, perform 10 squats, do walking lunges back;
- wheelbarrow, trainers legs being held on the way down, Challengers legs held on the way back;
- and finish with a dead sprint down and back.

THE FIVE COMPONENTS OF FITNESS RACE

A physical *and* mental test in which the Challengers were required to run the length of the field and back five times, and correctly identify Gold's Gym's Five Components of Fitness (Goal Setting, Nutrition, Cardio Health, Resistance Training, and Education & Professional Assistance) along the way.

Stephen performs the walking lunges portion of the animal relay race

WATER BALLOON TOSS

What would a field day be without a water balloon toss? The Challengers were paired with their trainers for the event.

No field day is complete without the water balloon toss

Katie, seen here with her fan club, was our field day champ

NEXT WEEK: THE GET FIT CHALLENGE WINNER IS REVEALED!

Check Express next Tuesday, September 13, to find out which Challenger will win the $5,000 prize and a year's membership to Gold's Gym.

FIELD DAY RESULTS

PLACE	CHALLENGERS	FIELD DAY POINTS
1ST	KATIE	6
2ND	MICHAEL	5
3RD	CAREN	4
4TH	STEPHEN	3
5TH	JOY	2

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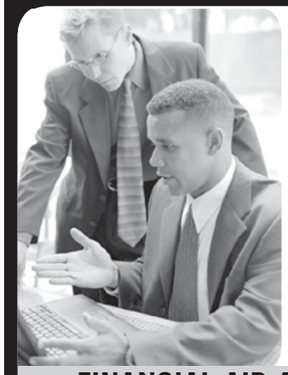

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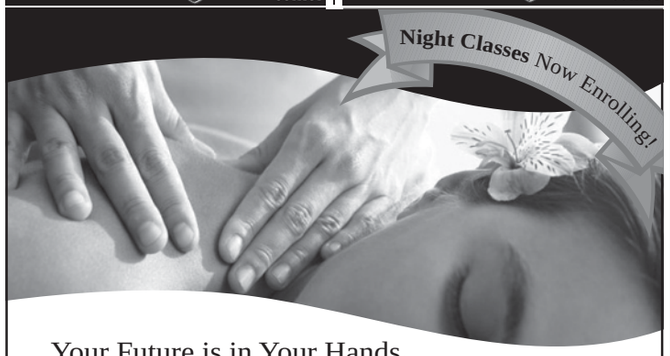

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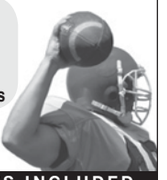

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lookout

Famous Relations
George W. Bush's niece and Ralph Lauren's son got married Sunday 39

Sound Bets

SOCKETS RECORDS

Church of Sound

Deleted Scenes guitarist-singer Dan Scheuerman writes intimate songs, rich in personal details about struggles with drugs, meditations on dying and odes to his beloved. But you might not catch the confessional nature of Deleted Scenes' second record, "Young People's Church of the Air" (Sockets), because Scheuerman's quiet avowals are usually swimming in a whirlpool of sound, off-kilter rhythms and general sonic trickery.

By Christopher Porter

The D.C.-Brooklyn band's debut, 2009's "Birdseed Shirt," was equally open emotionally, but its music was more straightforward indie rock, and thus its sentiments were easier to intuit. You need to concentrate on the layered "Young People's Church of the Air" hymns to grasp their meanings.

While it's named after the syndicated evangelical radio program, this album isn't religious in nature — even if the opening track, "A Litany for Ms. T," ends with Scheuerman singing the Christian-esque, "Hallelujah, I'm home!" in reference to where the dearly departed spend eternity. Deleted Scenes' songs may address the supernatural, but what Scheuerman sings about is profoundly human.

▶ **Deleted Scenes play DC9 Oct. 9.**

@ Read Christopher's previous columns at: **expressnightout.com/soundbets**

The National's Agenda

The Brooklyn band has a few shows left before taking a break and plotting a new CD

Music

When the members of the National head to the studio to record their sixth album together, the goal will be to work faster than ever before.

"We sort of know that worst-case, it's going to take us a long time, every time," bassist Scott Devendorf says. Writing and recording for 2010's "High Violet" stretched on for nearly two years before it was complete. But "we're tired of it taking forever."

So, when director Tom McCarthy asked the National to write a song for his 2011 film, "Win Win," the band saw it as a chance to work on speeding up the process. "We were under deadline, so that helped, and it was someone else's deadline, not our own," he says. "It was refreshing to do something quick"

The somber "Think You Can Wait," which plays at the film's end, comes off more straightforward than the songs on "High Violet," most of which were heavily layered in overdubbed textures. Singer Matt Berninger's baritone vocal is at the forefront as the rest of the band — made up of two sets of brothers: multi-instrumentalist twins Aaron and Bryce Dessner, and the rhythm section, Scott and Bryan Devendorf — hang in the background.

GYRITHE LEMCHE

The National, from left: Bryce Dessner, Bryan Devendorf, Matt Berninger, Aaron Dessner and Scott Devendorf.

The song is a mere taste of what the band's released since "High Violet." An expanded edition of the album, with four B-sides and three live tracks, came out last fall, and the group also wrote a track specifically for the puzzle-based video game "Portal 2."

Before the National can even consider a new album, there are still a few shows left to be played. First, a brief tour of amphitheaters with openers Yo La Tengo and Baltimore's Wye Oak. "I get to watch two bands I love every night, for a week," Devendorf says of the jaunt, which kicks off tonight at Merriweather Post Pavilion. A few international dates are scheduled for November. After that, "we'll disappear for a bit," and look ahead. "We have some sketches of ideas, and that's probably all that will happen until we go home and regroup."

For now, Devendorf can only guess as to what the next album will sound like. "We want to make something a little more direct sonically and a little less gauzy," he says. "We'll see — it could all change."

RUDI GREENBERG (EXPRESS)

● *Merriweather Post Pavilion, 10475 Little Patuxent Parkway, Columbia, Md.; Tue., 5 p.m., $30-$40; 800-551-7328, Merriweathermusic.com.*

Side Projects

Dedicated Fan

Scott Devendorf and the Dessner brothers have a pet project in the works: a tribute album to the Grateful Dead. While nothing is finalized, bands such as Bon Iver and Fleet Foxes have expressed interest in contributing. Devendorf is a huge Dead fan, though you won't hear it in the National's music. "It's more an admiration; we've never tried playing like them," he says. R.G.

lookout expressnightout.com

top stops

1 As You Wish

We predict three kinds of audience members for the big-screen showing of "The Princess Bride" at AFI: saccharine couples staring at each other, families looking for kids' movies that don't make the grown-ups stab out their own eyes (curse you, "Cars 2"!), and awesome people like you who have the movie memorized. Anybody want a peanut? ***AFI Silver, 8633 Colesville Road, Silver Spring; Tue. and Thu., 5 p.m., $7-$8.50; 301-495-6720, Afi.com/silver. (Silver Spring)***

2 Aging Well

Playwright Alan Bennett made his mark with "The History Boys," which dealt with homosexuality and academia at a British boys' school. Studio Theatre stages the U.S. premiere of Bennett's "The Habit of Art," about a fictitious meeting between poet W.H. Auden and composer Benjamin Britten. ***Studio Theatre, 1501 14th St. NW; Wed. through Oct. 16; 202-332-3300, Studiotheatre.org. (Dupont Circle)***

3 Work It

In March, a labor-themed mural by Judy Taylor, left, was removed from Maine's Department of Labor headquarters after being deemed pro-union by Republican Gov. Paul LePage). Rockville's VisArts gallery has a replica of Taylor's 11-panel work on display, along with a reproduction of "The Twelve Labors of Hercules," another controversial mural. ***VisArts, 155 Gibbs St., Rockville; through Sept. 20, free; 301-315-8200, Visartsatrockville.org. (Rockville)***

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entertainment lookout

Zombies Bring New Life to AMC

'The Walking Dead' spawns spin-offs aimed at rabid fans

Television

As every fan of "The Walking Dead" is well aware, this zombie-apocalypse drama will return for its much-awaited second season on Oct. 16. AMC has just released new details, among them that the season premiere will be 90 minutes.

The story resumes with the band of survivors fleeing zombie-overrun Atlanta and heading south for Fort Benning, Ga., 125 miles away, where they hope to find refuge at the U.S. Army base.

In recent weeks, the show has been the subject of worrisome reports: budget cuts and the abrupt departure of original show runner Frank Darabont. But judging from an advance look at this closely guarded premiere, "Dead" remains full of life.

The episode includes a big-time zombie encounter and a stomach-churning interlude. Then the final scene packs a wallop.

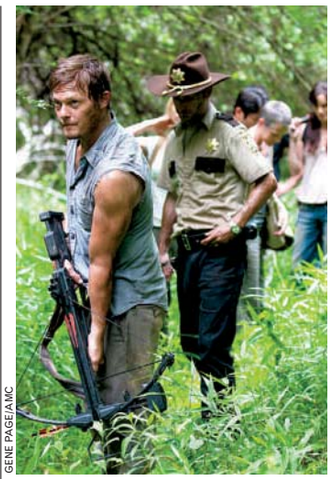
"How about those last two minutes? Pretty cool, eh?" says Charlie Collier, president of AMC.

Collier declines to get into the particulars of Darabont's exit, or to mention dollar figures connected with this 13-episode season's belt-tightening, but declares, "I would stack the budget up against probably any other in basic cable."

"Dead" has inspired a companion piece, AMC's new unscripted series "Secret Stash." Set at actor-filmmaker Kevin Smith's comic-book shop, Jay and Silent Bob's Secret Stash in Red Bank, N.J., the show promises to explore every nook and cranny of fanboy culture. The six one-hour episodes will air beginning in February, alongside the second half of the "Walking Dead" season.

"I think AMC is at its best when it is super-serving a passionate fan," Collier says.

And there are rumors of yet another series to serve the "Dead" fan: a talk show to follow each episode and analyze its story developments. This "Dead" post-mortem was first reported by New York magazine's Vulture blog. AMC had no comment. **FRAZIER MOORE (AP)**



GENE PAGE/AMC

Daryl (Norman Reedus, left), Rick (Andrew Lincoln) and co. wish their story was set somewhere less humid.

Music Career Not Forgotten

Madonna's 12th studio album will drop in spring of 2012, she announced during an interview with Sweden's Sveriges Television, according to Billboard. She began work on the disc in July and plans to continue until the end of this year. The first single is slated for a February or March release. **(EXPRESS)**

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Best Bets

BRAVO 10:00

The Rachel Zoe Project In the season premiere, growth is the name of the game for Rachel, shown. Rodger looks for a bigger house for the couple and their soon-to-arrive baby, while Rachel prepares to launch a new fashion line.

A&E 10:00

Billy the Exterminator In a hoarder house targeted for demolition, Billy and his crew are hired to tackle a rodent infestation. The icky part comes later: picking up the decomposing dead rats in the heat. Later, a gig catching an armadillo proves harder than it sounds.

PBS 10:00

Frontline In the new episode "Top Secret America," "Frontline" teams up with Pulitzer Prize-winning journalist Dana Priest to investigate the dark side of America's "war on terror" over the past decade and to ask how fighting terrorism has reshaped our country. (TRIBUNE MEDIA)

FX

New Sheriff In Town

SONS OF ANARCHY

FX 10:00

As season four opens, the SAMCRO members who have been in prison, including Clay (Ron Perlman, shown) and Jax, are released to discover a new sheriff has taken over from Chief Unser, and a new prosecutor has his eye on the club, too. Clay worries that his arthritis will end his riding days. (TM)

Web Therapy

Read My Lips

She guest-starred on "Cougar Town," and now her "Friends" co-star Courteney Cox returns the favor. In the new episode "Psychic Analysis," Fiona (Lisa Kudrow) treats an Internet psychic who has lost her extrasensory powers and thinks therapy will help get them back. (TM)

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David Brenneman, Lindsey Koren

David, 28, is an attorney. Lindsey, 28, is a PR coordinator. They live in D.C.

THE MAIN EVENT: Their "VIPs only" wedding will take place Sept. 17 in Georgetown.
HOW THEY MET: As freshmen at the University of Maryland. "I first knew Linds only as the cute girl who got caught throwing a party the first weekend of college." "I'm still mad they made us dump out 90 beers," Lindsey says.
FIRST DATE: Takeout from Cheesecake Factory on Valentine's Day.
HOW HE PROPOSED: At the end of a trail of Hershey's Kisses from the sidewalk to their roof deck. "People on the street were picking up my Kisses, so I had to gather them up before following the trail," Lindsey says.
WHEN SHE KNEW: When they moved into their condo during Snowpocalypse, without movers.
MAKING IT UNIQUE: Their signature drink is green Jell-O shots, an homage to Lindsey's days as a cocktail waitress in Dewey Beach. The shots will be served on porcelain spoons.
MMM, CAKE: Cupcakes from Georgetown Cupcake. "Linds is GTC's No. 1 fan," David says.

"I FIRST KNEW LINDS ONLY AS THE CUTE GIRL WHO GOT CAUGHT THROWING A PARTY THE FIRST WEEKEND OF COLLEGE." — DAVID BRENNEMAN

Ted Jutras, Erica Stanley

Ted, 29, is a planning fellow. Erica, 31, is a communications consultant. They live in D.C.

THE MAIN EVENT: A beach wedding on Sept. 10 in Corolla, N.C. Ted will walk down the aisle to a string version of "Here Comes Your Man."
HOW THEY MET: In line to play skee-ball at H Street Country Club. "After talking to him for more than two hours, he admitted that he didn't remember my name, to which I responded by storming out of the bar."
FIRST DATE: Ted redeemed himself by calling her the next day. They had dinner at Bar Pilar, then went to a show at the Black Cat. "The bands were a mixed bag, but we had fun mocking the ones that were really full of themselves," Ted says.
WHEN SHE KNEW: During their first trip together, to Rehoboth Beach, Del. "We were having tons of fun taking pictures in an old-fashioned photo booth and playing games in the arcade. It just felt right."
HOW HE PROPOSED: With a scavenger hunt starting at H Street Country Club and ending at Bluemont Vineyard in Virginia, where he popped the question. "Looking back at the photos our friends took, apparently I proposed in front of a wood pile and next to a chicken coop," but neither he nor Erica noticed.
THEIR SONG: "Home" by Edward Sharpe and the Magnetic Zeros.
MMM, CAKE: Ted and Erica want to make their own cupcakes, but "my mom has her doubts," Erica says.

Laura Brown, Michael Pearson

Laura, 32, is a research specialist. Michael, 31, is a software engineer. They live in Centreville, Va.

THE MAIN EVENT: Sept. 10, in a private garden in Fredericksburg, Va.
HOW THEY MET: EHarmony.
FIRST IMPRESSIONS: "He was tall and rugged." "We clicked with everything we talked about, from our favorite outdoor store, REI, to our experiences on the Appalachian Trail."
FIRST DATE: Hiking the Billy Goat Trail. "She impressed me with her ability to keep up with my pace."
FIRST KISS: After their second date (shooting pool at Dave & Busters).
HOW HE PROPOSED: On a New Years' Eve picnic in Shenandoah National Park. They dined on wine, cider, bread and cheese. For dessert: the ring.
OUR SONG: "Mud on the Tires" by Brad Paisley.
STUPIDEST FIGHT: "Probably about the stability of my Ikea bookshelf we were trying to move to my new apartment," Laura says.
MAKING IT UNIQUE: They'll have a ring-warming ceremony so friends and family can participate. Each guest, while holding the rings, takes a moment to pray for the couple, wish them well and bless them, and then pass them on to the next person.

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Visit Expressnightout.com/bio for more of Express' couple profiles, and washingtonpost.com/onlove for Washington Post coverage.

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Poll Center

Today's Question

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Yesterday's Results

DO YOU THINK THE D.C. AREA HAS THE WORST DRIVERS IN THE COUNTRY?

"Yes, I do, but they come from all over to get here. Too many people in the D.C. area (includes Virginia and Maryland) are in too big a hurry to get everywhere."

AN ANONYMOUS COMMENTER

"Boston, New York and Philadelphia get an unjustified bad wrap when it comes to driving. Yes, drivers in those three cities are aggressive, but most of the drivers in those areas are aggressive. So it works. It's like a school of tuna."

AN ANONYMOUS COMMENTER

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Blog Log

"Whatever it is you're doing to mark this occasion ... let's all take a moment to be thankful to the man who single-handedly convinced the world that there is no such thing as looking too daft, if you happen to also be charismatic and talented enough to carry it off."

— **BLOGS.BBCAMERICA.COM** CELEBRATE WHAT WOULD HAVE BEEN THE 65TH BIRTHDAY OF FREDDIE MERCURY, BORN FARROKH BULSARA, THE LEAD SINGER OF THE BRITISH ROCK GROUP QUEEN.

"What was preventing her from asking for a divorce after the first year, and why is her refusal to leave her partner's fault? I can see this precedent being exploited to support some very dark claims."

— **A COMMENTER AT GAWKER.COM** CAN'T UNDERSTAND WHY A MAN IN FRANCE WAS ORDERED BY A JUDGE TO PAY ABOUT $14,000 TO HIS EX-WIFE FOR ALLEGEDLY FAILING TO HAVE ENOUGH SEX WITH HER DURING THEIR MARRIAGE.

"Labor Day seems entwined with family, friends, food and festivities. I'll be thinking about all of the people without jobs. It's a difficult time for many Americans and a good time to think about how everyone can help. Can't we put the country back to work?"

— **BESTTHINGSINBEAUTY.BLOGSPOT.COM** WAS THINKING OF THE NATION'S UNEMPLOYMENT RATE OVER THE HOLIDAY WEEKEND.

"I believe [Christopher] Nolan has been pretty adamant about not having the Boy Wonder appear. I think Nightwing would work better, as Robin has appeared in previous Bat films, and let's face it — is just not as cool as Nightwing."

— **MOVIES.COSMICBOOKNEWS.COM** REACTS TO RUMORS THAT JOSEPH GORDON-LEVITT MAY BE PLAYING ROBIN IN "THE DARK KNIGHT RISES."

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puzzles lookout

Horoscope

VIRGO (Aug. 23-Sept. 22) A new environmental influence is going to change the way you do things to a certain degree. This is likely to surprise and please you.

LIBRA (Sept. 23-Oct. 22) Take a quick timeout to address a personal issue; you won't be risking any further progress on the project that demands attention.

SCORPIO (Oct. 23-Nov. 21) You'll know that quick thinking and spontaneous creativity are the name of the game. You'll get moving very quickly.

SAGITTARIUS (Nov. 22-Dec. 21) Are you really sure that what you are giving is what is expected — or even desired? If you're on the wrong track, you can adjust.

CAPRICORN (Dec. 22-Jan. 19) You're likely to meet someone who does much to improve your perspective and overall state of mind. What lies ahead is still a mystery.

AQUARIUS (Jan. 20-Feb. 18) Prospects are good, but you may not be able to sort out many of the details just yet. Still, the big picture remains bright.

PISCES (Feb. 19-March 20) Are you able to put in that little bit of extra effort in order to shift the momentum in your favor? Serious gains can be made.

ARIES (March 21-April 19) There's no telling just why you may be attracted to a given endeavor — or individual — but you'll enjoy that kind of buzz.

TAURUS (April 20-May 20) What appears simple to others is likely to be rather difficult for you, but that's because you're seeing things that they are not.

GEMINI (May 21-June 20) You will impress another with your no-nonsense attitude, but that doesn't mean he or she won't want to explore something more fun with you.

CANCER (June 21-July 22) You can show others the way without over-committing to something that really isn't for you. It's a question of character, actually.

LEO (July 23-Aug. 22) Even while engaged in some hard work — some of which is routine, and some not — you can enjoy a little fun with a new friend.

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Scrabble Grams

PAR SCORE 140-150, BEST SCORE 207

								RACK 1
E1	O1	T1	N1	N1	T1	C3		
							1st Letter Triple	RACK 2
E1	E1	O1	N1	L1	G2	M3		
							Double Word Score	RACK 3
I1	O1	O1	K5	D2	S1	D2		
								RACK 4
E1	E1	U1	R1	C3	L1	T1		

Friday's Solution

R1	E1	P3	U1	G2	N1		RACK 1 =	12
U1	P3	S1	H4	O1	O1	T1	RACK 2 =	86
I1	R1	I1	D2	I1	U1	M3	RACK 3 =	60
S1	U1	T1	U1	R1	E1	D2	RACK 4 =	58
PAR SCORE 140-150							TOTAL	216

FOUR RACK TOTAL _____

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

7		6				4		2
		3				1		
			4	2	9			
	2		8	9	6		7	
	6		3	1	4		2	
			7	4	3			
		2				9		
8		1				6		7

Friday's Solution

8	5	9	6	4	1	7	2	3
4	6	1	7	3	2	9	8	5
2	7	3	5	8	9	1	6	4
6	3	7	4	2	5	8	9	1
9	8	2	3	1	6	5	4	7
1	4	5	9	7	8	6	3	2
3	9	6	2	5	7	4	1	8
7	2	8	1	6	4	3	5	9
5	1	4	8	9	3	2	7	6

Need more Su|do|ku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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Comics

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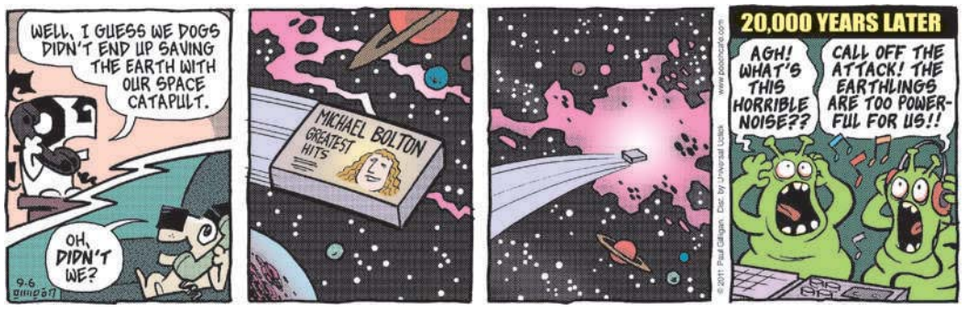
POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS

Forecast

74 | 67

Today: Cooler today with rain. Heavy rain tonight; watch for flash flooding.

82 | 72

Tomorrow: A couple of showers and a thunderstorm tomorrow and tomorrow night.

Looking Ahead

THU	FRI	SAT
83 | 70	83 | 69	85 | 67

Sun and Moon
Sunrise today: 6:41 a.m.
Sunset today: 7:32 p.m.
Moonrise today: 4:02 p.m.
Moonset today: 12:57 a.m.

Almanac
Normal high: 83
Record high: 97
Normal low: 66
Record low: 50

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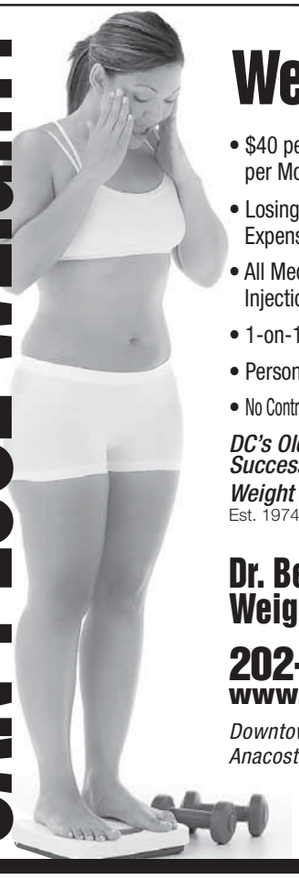
CAN'T LOSE WEIGHT?



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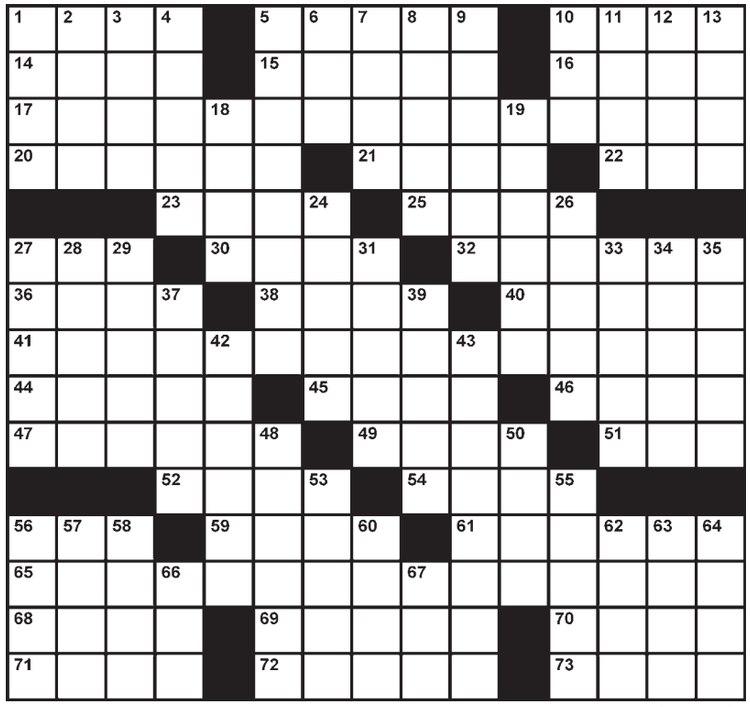
Crossword

WRITING SCI-FI



EDITED BY TIMOTHY E. PARKER

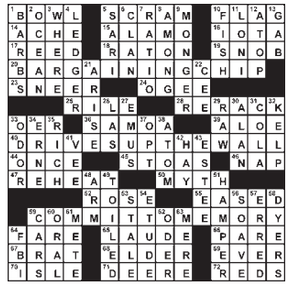
ACROSS

1 Crunch-time helper
5 Kentucky Derby events
10 Trim
14 Maldives locale
15 ___ Gay (WWII plane)
16 Dry as a bone
17 Film featuring microscopic people
20 Exclamation of mild disapproval
21 In-of link
22 Prohibit
23 Concerning, in memos
25 ___-free (travelers' delight)
27 "And I could go on ..."
30 Advice from a pro
32 It may be stored in a blood bank
36 Atlas expanses
38 Gas for the theater district
40 In the lead
41 1975 science fiction adventure film
44 Poet's muse
45 Heroic narrative
46 Football stadium's shape
47 Kind of son or American
49 Wrack's partner
51 Viewing organ
52 Glacial snow field
54 Use the overhead compartment
56 "Tain't" retort
59 Twice-a-month tide
61 Lists of candidates
65 Fairy-tale setting
68 Libertine
69 Ginza locale
70 Father of Art Deco
71 ___ 500 (driving event)
72 Scornful expression
73 NFL center's responsibility

DOWN

1 President and Supreme Court justice
2 Jacob's twin
3 Never-used condition
4 "Lady Marmalade" singer LaBelle
5 Fix a pearl necklace
6 Hill dweller
7 Cobra's shape
8 Spanish hero
9 Prepare for a rainy day
10 Working capital?
11 Damascus resident
12 Latvian capital
13 Idyllic garden
18 Jemima or Bee
19 Wanted felon
24 Olympic weapons
26 Search engine giant
27 Ruhr industrial center
28 Colorful tropical fish
29 Gem measure
31 Aid in finding the Titanic
33 Begin a tennis match
34 Southeast Asian peninsula
35 Confuse
37 Evening gown fabric
39 Drink with wine, lemon and nutmeg
42 Catholic prayer recitation
43 Is in a state of expectancy
48 Happenings
50 ___ contendere
53 Use, as china
55 Goods for sale
56 "Desperate Housewives" actress Hatcher
57 Privy to
58 Desert War missile
60 Small lapdog
62 Slender-billed sea bird
63 "Como ___ usted?"
64 Folk-dance component
66 Attention-getting shout
67 Do a beautician's job

Friday's Solution



Today in History

1916 The first self-service grocery store, Piggly Wiggly, is opened in Memphis, Tenn., by Clarence Saunders.

2001 In a dramatic shift, the Bush administration abandons the Clinton-era effort to break up Microsoft.

2010 President Obama rolls out a long-term jobs program that will exceed $50 billion.

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people lookout

PROPOSALS

'Wanna Get Married? We Need to Up Those Viewing Numbers.'

Gene Simmons and his long-time girlfriend, actress Shannon Tweed, are engaged, Simmons' publicist announced Friday. The Kiss bassist, 62, and Tweed, 54, have two children. The new season of the reality show "Gene Simmons Family Jewels" premieres Oct. 4 on the A&E network. (AP)

ETIQUETTE

It Wasn't on the Registry, So It's Not Rude to Re-Gift It

Prince William and Catherine, Duchess of Cambridge, donated the Mountain Rescue Team Land Rover they received as a wedding gift to a rescue team, Britain's Sky News reported. "The vehicle will be greatly appreciated," said Keith Montgomery of Glossop Mountain Rescue Team. "Our present vehicle only has a shelf life of about six months." (EXPRESS)

JOHN STILLWELL/GETTY IMAGES

Wills: "I can see my own nose!" Kate: "I look like Posh Becks from this angle!"

Dirtbag Digest

Farewell, Silent Victim

The tree Tiger Woods hit with his Escalade in November 2009 is gone. The incident set off a media frenzy about his infidelity. TMZ.com reports that the owners of the property are remodeling and had the oak tree removed. "It was NOT saved, it was simply trashed," TMZ said. So it won't "be showing up on eBay anytime soon." (EXPRESS)

BRYAN BEDDER/GETTY IMAGES

"No, we're not brother and sister, although we do get that a lot."

VOWS

'I Now Pronounce You Man and Palindrome'

David Lauren, son of Ralph Lauren, and Lauren Bush, niece of George W. Bush, were married Sunday at the Lauren family's ranch, in Ridgeway, Colo., the New York Post reported. The dress code was "black tie with a Western twist." Lauren Bush, who will go by the name Lauren Bush Lauren, is the daughter of the 43rd president's brother Neil. Her dress was designed by Ralph Lauren. (EXPRESS)

LESSONS

Don't Taunt the Law With Your Flash Conveyances

T.I.'s attorney said Friday that he's working to have the rapper returned to a halfway house after he got put back in a federal penitentiary. T.I. traveled from the Arkansas prison to Atlanta in a luxury motor coach Wednesday. The transportation arrangements seem to be the reason T.I. is now locked up in an Atlanta prison, his lawyer said. (AP)

"I puke quite a lot before going on stage. Though never actually on stage. ... The bigger the freak-out, the more I enjoy the show!"

—ADELE TELLS BRITISH VOGUE ABOUT HER PRE-PERFORMANCE ANXIETY. SHE'S ON THE COVER OF THE MAGAZINE'S OCTOBER ISSUE.

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- To be sick all the time
- To feel empty and depressed
- To have an addiction
- Not to have peace in your own home
- To never accomplish anything

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